



NATURE'S SUNSHINE

Magnesium

GOOD FOR

Nervous System

Musculoskeletal System

Cardiovascular system

SIZE **180 tablets**

ITEM # **1786**

SERVING **1**

SUPPLY **180 days**

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

This formula brings together time-tested minerals and botanicals that work together to help your body stay balanced — from strong bones and steady energy to a calm nervous system and comfortable digestion. Each ingredient was chosen because real research backs up what it does.

Magnesium — Think of magnesium as your body's behind-the-scenes helper. It's involved in hundreds of everyday processes — keeping your muscles relaxed, your nerves calm, your energy steady, and your sleep restful. Many people don't get enough from food alone, so topping up can make a noticeable difference in how you feel day to day.

Calcium — Calcium is the mineral your bones and teeth are literally built from — over 99% of your body's calcium lives in your skeleton. Getting enough helps maintain bone strength as you age, supports healthy muscle contractions, and keeps nerve signals moving the way they should. It works best when paired with other key nutrients in this formula.

Phosphorus — Phosphorus teams up with calcium to give bones and teeth their firmness and structure. Beyond the skeleton, it plays a central role in how your cells make and use energy — every time your body powers through a task, phosphorus is part of the process. It's one of the most abundant minerals in the body for good reason.

Kelp — Kelp is a natural seaweed that brings a broad spectrum of trace minerals to the formula, along with natural iodine to support healthy thyroid function. Research also points to its soluble fiber helping slow digestion and supporting a comfortable, satisfied feeling after meals. It's a gentle, whole-food source of nourishment straight from the ocean.

Licorice Root — Licorice root has been used for centuries to soothe the digestive tract, and modern research backs that tradition up. Studies show it helps support a healthy stomach lining, eases occasional heartburn and abdominal discomfort, and has natural calming properties for the gut. It's a warm, supportive herb that works quietly in the background.

Peppermint — Peppermint is more than a fresh flavor — it's a well-studied herb for digestive comfort. Clinical trials show it helps ease occasional bloating, cramping, and abdominal unease. It also brings natural antioxidant compounds to the formula and has been shown in research to help take the edge off everyday stress and anxious feelings.

White Willow — White willow bark is the original source of the compound that inspired aspirin, and it has been used for centuries to support comfort and ease occasional aches. Research confirms it contains natural compounds that help the body manage everyday inflammation and discomfort, making it a time-honored botanical ally for people who want to stay active and comfortable.

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